

Harm Reduction:
***An Overview of Methods
and Issues***

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Harm Reduction: An Overview of Methods and Issues

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89 SLR

Topics covered

- *Current context for the harm reduction debate*
- *Definition of tobacco harm reduction*
- *Hierarchy of harm reduction techniques*
- *Harm reduction in other contexts*
- *Issues and challenges*
- *Developing a research agenda*
- *Concluding thoughts*

Current context for the harm reduction debate

- *Limited success of prevention/cessation*
- *New environment*
 - *Slowing of rate of decline in smoking*
 - *Marketing of novel cigarettes and cigarette-like products*
 - *Innovations in nicotine replacement products*
- *Concerns about promotion of harm reduction*

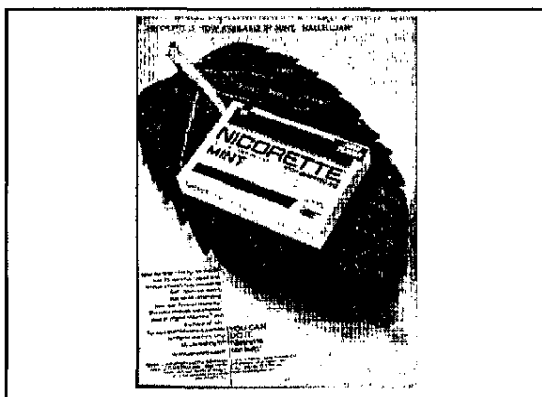
Tobacco harm reduction: a definition

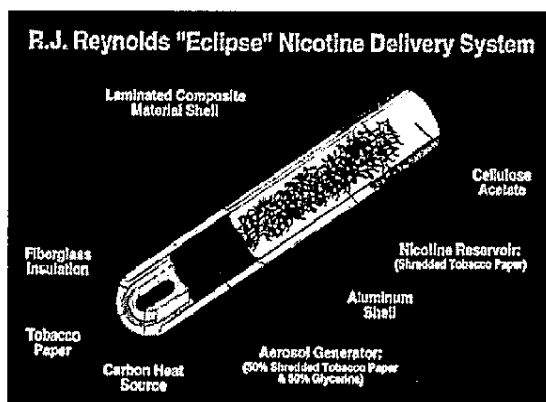
Minimization of the net damage to health associated with use of tobacco products, products including constituents of tobacco, and other substitutes for tobacco products.

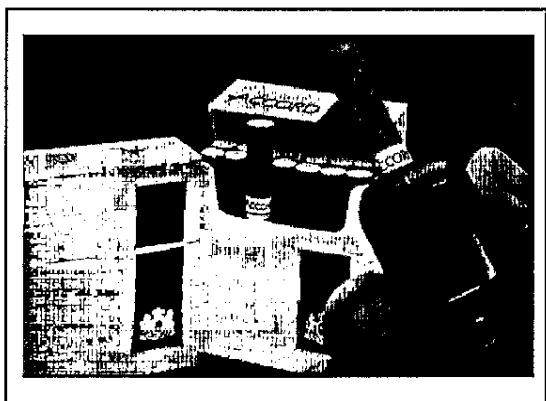
- For direct users
- For non-users exposed to product effluents

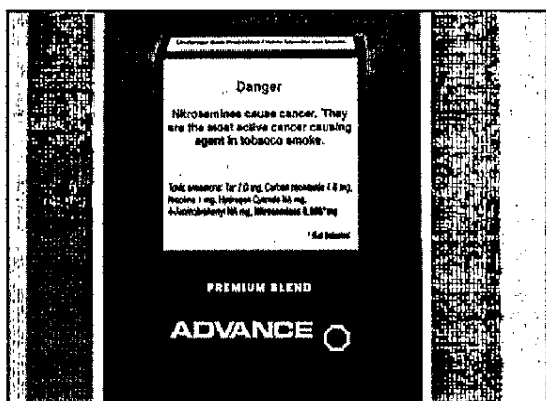
Hierarchy of harm reduction techniques for direct users

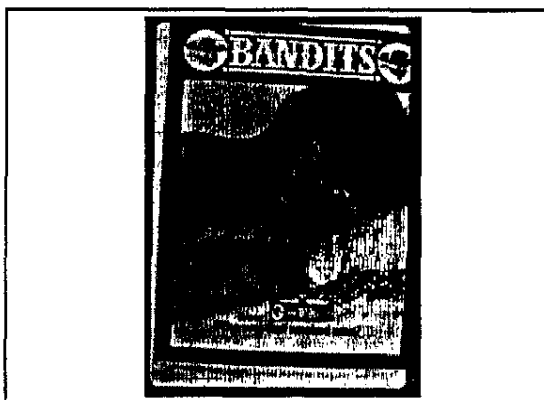
- *Avoidance of initiation (prevention)*
- *Complete cessation*
- *Substitution of least harmful alternatives (products or behaviors)*
e.g., NRT
- *Substitution of less (but still) harmful alternatives (products or behaviors)*
e.g., smokeless tobacco; Eclipse; reduced smoking

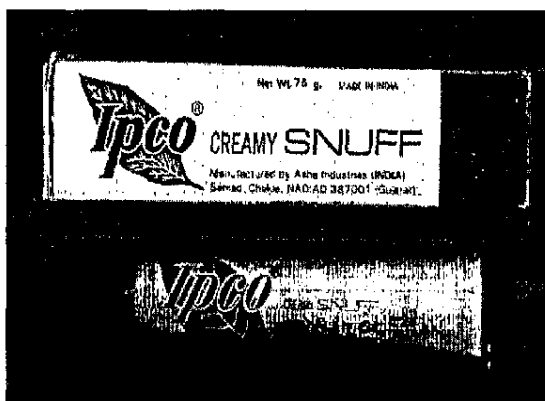




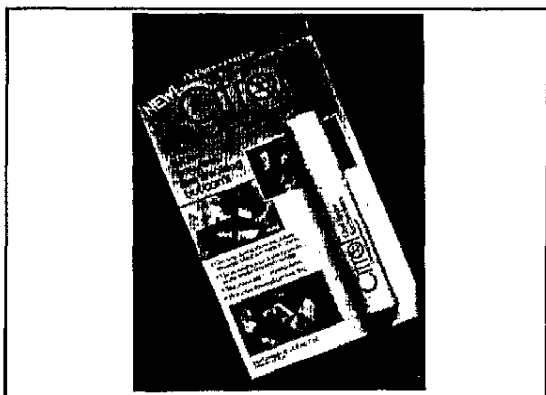












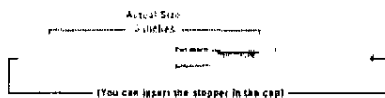


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Smokers Edge is disposable, you simply replace Smokers Edge when the freshness is gone.



**Harm reduction in other contexts:
Concepts and lessons**

1. Historical experience with cigarettes

- a. Filtered cigarettes
- b. Low tar and nicotine cigarettes

Kent - the one cigarette that can
show you proof of greater health protection

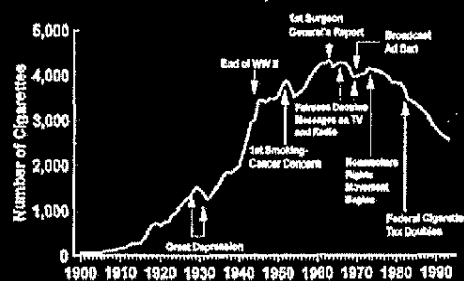
Kent
with exclusive
MICRONITE filter
reduces tar and
nicotine

FILTER-TIP SHARE OF CIGARETTE MARKET

Year	% filters
1950	0.6
1960	50.9
1970	80.1
1980	92.5
Current	98.0*

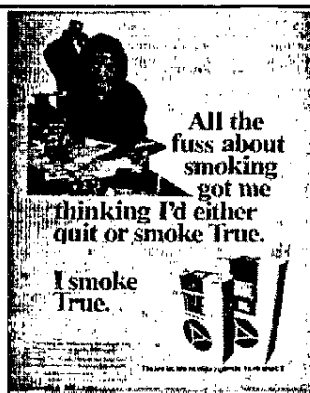
* estimate

Adult Per Capita Cigarette Consumption and Major Smoking-and-Health Events -- United States, 1900-1993



Source: USDA, 1969 Surgeon General's Report

CDC



**Harm reduction in other contexts:
Concepts and lessons (cont'd.)**

2. Alcohol

- a. For direct users
Abstinence vs. reduced consumption
- b. For others
e.g., strict enforcement of DUI laws

**Harm reduction in other contexts:
Concepts and lessons (cont'd.)**

3. Illicit drugs

- a. "Just say no" (and other prevention)
- b. Interdiction (its inevitable failure)
- c. Treatment
- d. Drug substitution
e.g., methadone maintenance
- e. Decriminalization/legalization

**Harm reduction in other contexts:
Concepts and lessons (cont'd.)**

4. Other examples

- a. Distribution of condoms in schools
- b. Clean needles for IVDUs
- c. Automotive safety

Issues and challenges

- *Establishing risk reduction potential at the level of individual use*
 - Biochemical science
 - *Exposure vs. risk assessment*
 - *Biomarkers*
 - Surveillance/epidemiology
 - *Short-term indicators (e.g., birth outcomes)*
 - *Long-term indicators*

Issues and challenges (cont'd.)

- *Population effects*
 - Alternatives to abstinence
 - *Experience with filtered and low tar/nicotine cigarettes*
 - Promotion of childhood nicotine addiction
 - Potential effects on ETS exposure
- *Education of professionals and the public*
- *Product regulation*
 - Need for it
 - Potential
 - Risks

Comments
on risk assessment

Developing a research agenda

1. *Evaluation of the potential, at the level of the individual, of products and methods*
 - a. Biological effects of products/methods when used in lieu of cigarettes; effects relative to each other
 - b. Useful surrogates; biomarkers
 - c. To whom will devices/methods appeal?
 - d. What types of smokers will choose a harm reduction product/method instead of quitting?
 - e. When should smokers have harm reduction recommended? Is there a preferred order to approaches?

VERY CONCERNED
LT RH WILL T HARM
IC ↑ LAD IC
↑ E

**Developing a research agenda
(cont'd.)**

2. *Assessment of the population effects of specific products/methods and in general*

- a. What are feasible techniques for such assessment?
- b. How often will harm reduction approaches replace complete cessation?
- c. How often will harm reduction approaches be used in lieu of not initiating use of nicotine?
- d. How can we estimate the net health consequences of harm reduction approaches and strategies?

**Developing a research agenda
(cont'd.)**

3. *Encouraging accurate assessment of risk reduction potential*

- a. How can we educate health care professionals about the potential and dangers of harm reduction?
- b. How can we educate the public about the same technical and subtle issues?

**Developing a research agenda
(cont'd.)**

4. *Defining the role of regulation*

- a. Is regulation needed? Reasons for and against.
- b. What form should/can regulation take? What resources would be required? Who should pay for which aspects of regulation?
- c. What effects should be sought from regulation?
- d. Should and can regulation balance individual and population effects (and if so, how)?
- e. What benefits would be anticipated from effective regulation? What risks would be associated with ineffective regulation?

Concluding thoughts

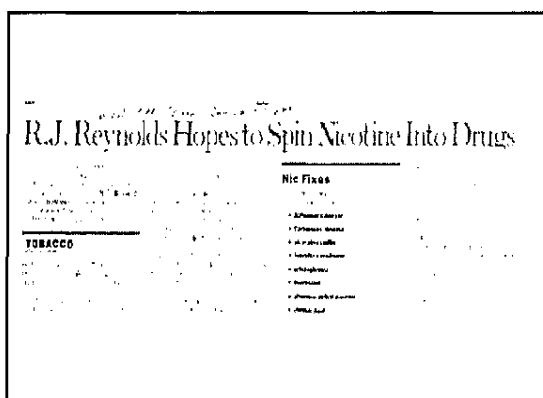
- *Delimited role of harm reduction within tobacco control*
 - Harm reduction may play a large and increasingly important role within tobacco control.
 - However, as the "new kid on the block" it should never supplant emphasis on prevention and cessation.

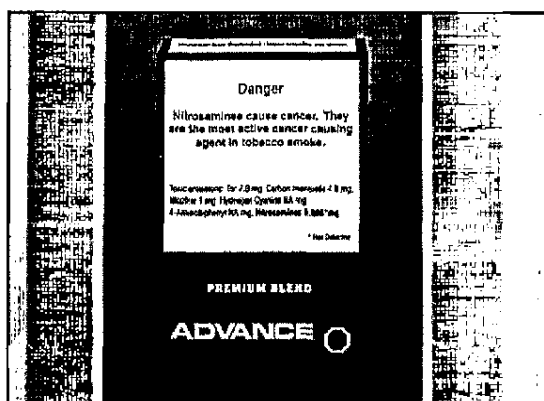
Concluding thoughts (cont'd.)

- *Risks and potential societal benefits of harm reduction*
 - Potential benefits are great:
 - *Could conceivably lead to more eventual complete renunciation of nicotine and tobacco*
 - *May decrease the toll of tobacco*
 - Risks are great too:
 - *Sustaining and potentially increasing the level of nicotine dependence in contemporary society (Controversial question: Is this necessarily a problem?)*
 - *Slowing progress against the devastating toll of tobacco*
 - *Increasing nicotine dependence in future generations*
 - *Creating new health hazards*


Concluding thoughts (cont'd.)

- *Is an era of harm reduction inevitably upon us?*
 - In today's (non)regulatory world, yes
 - *Tobacco industry innovation*
 - *Eventually, more explicit and aggressive competition between the tobacco and pharmaceutical industries*





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About Eclipse and Your Health

May present less risk of cancer associated with smoking.

Produces less inflammation in the respiratory system, which suggests a lower risk of chronic bronchitis, and possibly emphysema.

Reduces secondhand smoke by 80%.

